

Shotley APM 24.5.07 - Item 11.3

Suffolk Family Carers

Unfortunately we are not able to attend your meeting but would like to inform you of the following:

We continue to hold monthly support group meetings however the venue has changed. We now meet at Holbrook Methodist Church on the third Thursday of each month at 1.45pm – 3.30pm. All family carers are welcome. A programme for 2007 is shown below.

Jill Line
The Shotley Peninsular Family
Carer Support Group
Program '2007

Carers caring for each other

We usually meet on the third Thursday of the month at Holbrook Methodist Church (School Room) between 1.45pm & 3.30pm

January 18th	Xmas Meal at the Compasses
February 15th	Relaxation and Exercise
March 15th	Talk by Angela from Gateopener
April 19th	Talk by John Cole from SSAFFA
May 17th	Wiltshire Foods
June 21st	Harwich Foot Ferry
July 19th	Nutritionalist - Dietary
August 16th	Tea and Chat
September 20th	Change date
October 18th	Talk from British Legion
November 15th	Creative Wrapping Demonstration
December 20th	TBA

Contact us via Jill on 01473 835429

Or Naomi on 01473 835436

SUPPORTED BY

Suffolk Family Carers